222 (Rich.) Engl., Anacardiaceae (ofǒs); Pseudospondias tessmannii
262 Engl., likewise (angǒkǒn); /147/ Pentaclethra macrophylla Benth., Leguminosae (ebā'ī); Cola acuminata (P.B.) R. Br., Sterculiaceae (abē); Carpolobia alba Don., Polygalaceae (onǒn, tōmok); Ricinodendron africanum Muell. Arg., Euphorbiaceae (ezisā'n); Myrianthus arboreus P.B., Moraceae (mangā'me III Fang, engūkō'm Ntum, Jaunde); Desbordesia glaucescens Engl., Simarubaceae (alǒ'b); Dubóscia macrocarpa (?) Bocq., Tiliaceae (akāk e sā'n); Oncinotis glandulosa Stapf, Apocynaceae, and Tylostemon minutiflorus Stapf, Lauraceae (dzā-odzī dzīk or bodzābodzī dzīk); Tristemma hirtum Vent., Melastomataceae (abē-osōe); Cnestis aurantiaca Gilg, Connaraceae (abǐn e ndzīk); Vitex bipindensis Gürke, Verbenaceae (apfǒn); Anonidium mannii Oliv., Anonaceae (ebǒm eli); Sarcocephalus sambucinus K. Sch. (alū'mǎ, alū'ma, and akūndū m); the palm Podococcus barteri M. and W. (niamyine); as well as various varieties of Aframomum, such as the Aframomum alboviolaceum K. Sch. (adzǒm; fruit, esī n) illustrated in Volume II.

Finally, mushrooms, of which the Fang distinguish twenty edible varieties, play an important role in the household. With the exception of a foul-smelling morel which is covered with a kind of veil, poisonous ground mushrooms do not seem to occur.

263 Of spices, pepper and salt are known, and both are found in-
249 dispensable by the Pangwe for the preparation of meals. Three varieties and many subvarieties of pepper, Capsicum (okālāh IV, undūndū III), are sown behind the houses or close to the village, and it is to be found growing wild everywhere in the vicinity of human settlements, where its green fruit -- red when ripe -- is picked whenever it is needed; it is added to the food either whole or pulverized on a stone.

263 Salt is more difficult to obtain. Although salt imported from
436 Europe now floods almost the entire region and, in conjunction with
●258 tobacco, constitutes a regular standard of value, in remote areas of the interior the laborious extraction of salt from swamp plants is still carried out in the old manner.

258 The two chief salt-producing plants are those illustrated by
634 Plate 10: Halopegia acurea K. Sch., Marantaceae (nkǒn I) and

Cyrtosperma senegalense (Schott) Engl., Araceae (ebǎngabǎnga). Furthermore, the fronds of the raffia palm are used to a lesser extent. In the Fang region Halopegia and Cyrtosperma are always used together, never one exclusively; in other areas, for instance in the Ntum region, the following swamp plants are also used: the Loganiacea Anthocleista zenkeri Gilg (ají nebe-nzǎm III); the Zingiberacea Renealmia alborosea K. Sch. (adzǒmmekūm); the Urticacea Boehmeria platyphylla D. Don. (sǎ[s] -dzǎm); the Acanthacea Brillantaisia vogeliana Bth. (ebügebǫ́n); the Aracea Anubias heterophylla Engl. (andǐk); a Composita (elǭ[k] -osūe); the Commelinaceae Palisota schweinfurthii C.B. Cl. (epfǔpfú-zǎm) and Pollia condensata C.B.Cl. (ajǎn-osūe); and in addition, where swamp plants are absent, the Marantacea Phrynium confertum (Benth.) K. Sch. (nkǒn afá'n I) and the climbing Aracea Rhektophyllum mirabile N.E. Brown (ndě's). /148/

To get salt the men go into the swamp (zǎm), cut down the salt-producing plants, and let them lie in the sun for a month to dry. Then they are brought under a shelter erected in the vicinity; the leaves and leafstalks are burned in an open fire. The plant ashes, dirtied with the remains of the logs, are carried into the village and kept on the loft above the fireplace in the house for three weeks to dry. The men's last job here is the making of a large funnel which they crudely plait (ngǎn nkú IV) from the stalks of the Marantacea Trachyphrynium violaceum Radlk. (nkǫmokǫ́mo I). All further work is done by the women. The latter set up the funnel, which they prop up with poles inside or outside the house, and line it with leaves of Sarcophrynium in such a way that the lowest leaf -- folded together in the form of a funnel -- fits just into the tip and the other leaves cover the funnel wall like roof tiles. The funnel is closed off below by a filter consisting of a ball of grass, Paspalum (obú'), or leaves of the Phytolacca dodecandra C. Her. (atǒ't) (1);

> 1. From the stem tǒ, "run through, drip through," because the brine has to drip through the herbs.

then the ashes are put inside the filter, water is poured on them, and

258 this drips fairly rapidly through the filter into a vessel placed under it. The whole thing is left standing one night; in the morning a little fresh water is added in order to draw out the last of the salt, and then the yellowish-brown brine so obtained is dried until all the salt (nkú I) is out (2). /149/

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2. An examination of the salt, on which Mr. W. Lenz of the Pharmaceutical Institute of the University of Berlin gives us a report, yielded the following results: "The bush salt itself had a brown color and a moist, granular appearance. It had a strong salty taste; its solution reacted strongly alkaline. The chemical analysis carried out by Mr. Regenstein yielded the following composition:

43.33% KCl (potassium chloride)
27.50% K_2SO_4 (potassium sulphate)
16.26% K_2CO_3 (potassium carbonate)
0.85% NaCl (sodium chloride)
8.72% H_2O (evaporation at 180° Centigrade)
3.34% insoluble (difference)
100.00%

The potassium was separated from the sodium as potassium platinic chloride. In the insoluble residue the following were detected: calcium, magnesium, iron, aluminum, manganese, phosphates, silicates, and carbonates, and 0.7% of the salt SiO_2 (silicon dioxide) was determined.

The high content of chlorides and sulphates in the bush salt is striking, as well as the use of the salt mixture consisting predominately of potassium salts, for spicing the food, in other words, its use in place of cooking salt."

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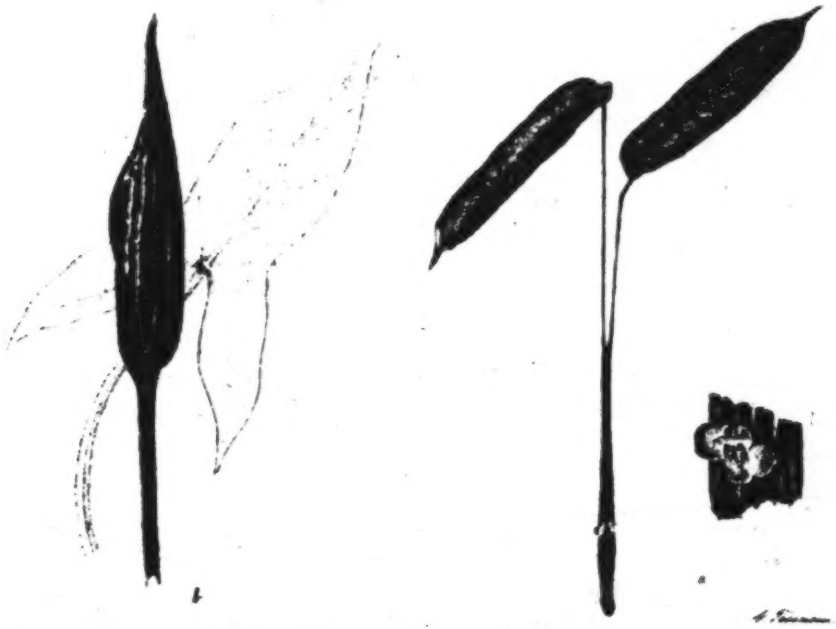
Plate X



Plants providing Salt.

a. Halopegia acurea K. Sch., Fam. Zingiberaceae.

b. Cyrtosperma senegalense (Schott) Engl., Fam. Araceae.

1: Tessmann--335 E-5 (1904-1909) 1913 FH9 Fang FH9

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1. This lack is also pointed out by Balandier, op. cit., p. 544.

A careful study of village names in several subdivisions has not turned up a name that seems connected with ideas of market, exchange, or trade. Moreover, vocabularies for such subjects are very limited.

And, into this land so unprepared for an economic /sic/ life, world economy is penetrating with all its complexity, setting a purchase price for the total output, which has fluctuations the planters obviously cannot understand. Their dismay is natural, since they have not even been able to become familiar with ideas about price, demand, or bargaining through traditions of trade.

It goes without saying that the time when salt was the item most in demand is long since past. However, bags of salt appear among traditional wedding presents, and the manufacture of salt from lye-washed palm ash is still known, though the product is only sold — and moreover very rarely—for its medicinal properties.

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Expenditures have become extremely diversified, as shown by the analysis of an average family budget: (2)

2. These figures drawn from Budgets familiaux au Cameroun /Family Budgets in the Cameroons/, p. 150, do not take into account, we must remember, auto consumption.

Food	14 percent	Household articles .	1.9 percent
Textiles	17.4 -	Equipment	7.7 -
Bride price	13 -	Taxes	8.5 -
Housing and furniture . .	7.5 -	Medicaments . . .	1.3 -
Bedding	1.5 -	Education	0.9 -
Lighting and upkeep . . .	3 -	Gifts and miscellaneous . .	6 -
Trips	2 -		

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[247]

Food now includes, even in the bush, imported items like stockfish or like the bread, sardines, sugar, and condensed milk that are used less regularly. Clothes are the main item of expense. The desire to follow Paris fashions is perhaps not a national trait peculiar